



GETTING **HEALTHY** AND FIGHTING **HUNGER** WITH **THOSE WHO NEED IT MOST**

FAFC Newsletter February 2016

The Fit and Food Connection has fostered new relationships, while cultivating continuous supporters throughout the St. Louis area.

UPDATES

Thanksgiving Food Delivery November 2015 was a success. We fed 30 families in northern St. Louis area with meals and a turkey per family. Thanks to all of our volunteers for your support.



Our first Fitness and Nutrition Seminar: Kick OFF the New Year was amazing with 30 participants. We raised healthy nonperishables and \$140 from silent auction.

The Empowered Church at 12220 Fontaine Ln, St. Louis, MO. 63138 hosted a great food drive and raised two tubs of healthy nonperishables.

We have moved our fitness and nutrition classes to St. Vincent's Community Center. We will receive funding for new equipment and access to the entire facility's grounds as of February 1, 2016. In addition, Anne Delautre will be instructing a modern dance and Pilates class Fridays at noon.

We are now forming a committee for our Healthy Community Food Garden. As of now we have Co Directors Gabrielle Cole and Joy Millner, Theo Cole, Rob Millner, Breanna Norvell, Christine Synder, Brandon Corbin, and Susan Dipaola. We are currently looking for more community members to join our team in their new community food resource.

Our new Social Media Committee is in full force and is truly dedicated to marketing and advertising Fit and Food Connection to its fullest capacity. We have all worked really hard to gather content for all of social media streams including the website, Facebook, Twitter, and Instagram. Our committee includes our Co Directors Gabi Cole and Joy Millner, Heather Schier, Hannah Zabriskie, Jamie Niedrich, Meg Hayward, Sierra Elfalan.





LATEST

We have been selected to feature in local magazine titled, Insight2Incite. In addition, we have formed a unique partnership with Fit Flavors of St. Louis who provides all natural healthy prepackaged meals to build a healthy community.

We receive over 40 meals a week in donations, which we will now use to feed our fitness students and deliver twice a month to impoverished families needing immediate food.



We attended a garden orientation at Gateway Greening January 16, 2016 and have been invited to apply for their gardening grant and additional resources. We have formed a committee and plan to meet early February to further develop this project. Our Healthy Community Food Garden project will start this spring 2016, and we accept and appreciate all support and donors.

MEET OUR NEW TEAM MEMBERS AND VOLUNTEERS

Heather Schier
St. Louis, MO.
Social Media Committee Director

Emily Kuhn
Southern California
Grant Administration

Christine Synder
St. Louis, MO.
Administrative Assistance

Pam Lane
Dallas, TX.
Administrative Assistance

NEEDS AND VOLUNTEER OPPORTUNITY

- Food pickup and delivery
- Plan a Fundraiser
- Host a Food Drive
- Fitness Class Instructors
- Serve on FAFC Board or a committee

To get involved and partner with Fit and Food Connection, please visit www.fitandfoodconnection.org, call 314.649.7367, or email us at info@fitandfoodconnection.org

